

Carlsbad Senior Center
799 Pine Avenue
Carlsbad, CA 92008
760-602-4650

"Creating Community through
People, Parks and Programs."

senior NEWSLETTER

activity HIGHLIGHT —



Tax Counseling

by AARP

8:30am to 4:30pm
Tuesdays & Thursdays

Carlsbad Senior Center
call (760) 602-4650 for Appointment

***For seniors 60 years and up**

senior SPOTLIGHT



The Senior Center volunteer featured this month is **Bill Powell**, the enthusiastic moderator of our dynamic discussion group that meets on the first, third, and fifth Fridays of the month in the Dance Studio.

Bill Powell has been moderating the discussion group for the past three years. He enjoys being a part of such a mentally stimulating group.

Bill was born in Indiana, where he attended Indiana University. After receiving a degree in television production, Bill moved to Los Angeles where he spent the next 40 years in TV news production. Bill worked his way up into the position of an editor of NBC News. During his long tenure, Bill was involved with the mentoring of quite a few anchor notables including Tom Brokaw. Bill associated with Chet Huntley, and David Brinkley. He has seen a lot of history pass by his desk. Bill said that he always tried to present the news as unbiased as possible. He stated how amazing it was to get responses by mail from viewers who interpreted the same broadcast with totally opposite views.

After retiring from NBC, Bill eventually found his way to Carlsbad. He has lived here for the past 7 years and has really enjoyed himself. His dream is to someday settle in the historic village of Montpelier, France, where he will enjoy the museums, art, food, culture and ease of transportation that Montpelier has to offer.



senior NEWSLETTER

Carlsbad Senior Center



FEBRUARY

FROM THE CARLSBAD RECREATION DEPARTMENT
2006



EXCURSIONS

FEBRUARY

VIEJAS CASINO

Thursday, February 23
9:00 am – 4:30 pm
\$12/R - \$17/NR

Come join the fun at the casino and the Company Stores just across the way at Viejas. Transportation and a \$5.00 lunch coupon are included.

MARCH

PALM SPRINGS EXPERIENCE

Thursday, March 9th–
Friday March 10th
8:00am-6:00pm
\$190/R-\$195/NR

What a great way to enjoy the Palm Springs area. This trip includes transportation and

overnight accommodations at the Holiday Inn Palm Mountain Resort. We will lunch at Cedar Creek Inn and be given a guided tour of Palm Springs before checking into our host hotel. The evening finds us experiencing the Thursday Night Village Fest which has become a "season" tradition. A continental breakfast on Friday with shopping or casino time before we attend the fabulous Palm Springs Follies matinee.

ST. PATRICK'S DAY CELEBRATION

Thursday, March 16
9:00am-6:00pm
\$75/R-\$80/NR

Join us in reserved seating at the Castaways in Burbank for

traditional Irish lunch and after lunch we will all enjoy a variety show titled "St. Patrick's Day Celebration" presented by the "Showtime Cabaret."

THE NIXON LIBRARY

Wednesday, March 22
10:00am-6:00pm
\$62/R-\$67/NR

Our first stop will be for lunch at “The White House”, an award winning restaurant in Anaheim, where we will be served in one of the private and elegant “presidential rooms.” After our fabulous lunch, we will continue on to the Richard Nixon Library. This library was built around Nixon’s boyhood home, and is a treasure trove for political power and beyond. It also houses an extensive Watergate exhibit.

APRIL

FLOWER MART TOUR

Tuesday, April 4
7:30am-4:00pm
\$58R/\$63/NR

Once we arrive at the Flower District in Los Angeles, we will have a “step-on guide” as we tour the district throughout the morning. We will stop at “Clifton’s Cafeteria” for lunch and then a visit to the Rose Gardens at Exposition Park. All just in time for our green thumbs.

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SAN DIEGO SYMPHONY WITH MARVIN HAMLISH

April 7, 2006
6:45pm-11:00pm
\$68/R-\$73/NR

Make it a memorable evening and enjoy the classic sounds of the San Diego Symphony performing at the Copley Symphony Hall. The incomparable Marvin Hamlisch conducts his famous musical scores including “A Chorus Line” and “The Way We Were.”

YACHTS TO SEA

Sunday, April 23
9:00am-5:00pm
\$80/R-\$85/NR

Join in this rare opportunity aboard one of the Hornblower Yachts for a splendid Sunday morning champagne brunch as we cruise the beautiful waters off Marine del Rey. There will also be free time at Fisherman’s Village for shopping or just looking around in this truly gorgeous area.



References

Aging and Independence, Adult Abuse Reporting Line
1-800-510-2020

Carlsbad Fire Department
760-931-2197

Carlsbad Police / Sheriff (Non-Emergency)
760-932-2197

Elder Abuse in Facilities
1-800-640-4661 or 1-858-560-2507

In Home Supportive Services, North County
760-480-3424

Medicare Plan References
www.medicare.gov
1-800-633-4227

Mental Health Service, North County Coastal
760-967-4475

Staff:
Ron Abbey, Maintenance Assistant
760-602-4659

Vincent Rodrigues, Nutrition Coordinator
760-602-4652

Chris Harmon, Activity Coordinator
760-602-4654

Kirsten Kullberg, Office Aide
760-602-4650

Gail Lynn, Senior Center Manager
760-602-4650

Jack Risley, Recreation Supervisor
760-602-4652

Cynthia Torrie, Trip Coordinator
760-602-4653

Kris Westland, Secretary
760-602-4658

Lois Williams, Office Aide
760-602-4650

Kay Zimbrick, Office Aide
760-602-4650

Tom Clemons, Drivers
Carl Jamison
760-602-4650

design by Bryan Snyder

Carlsbad Senior Center

Games and Hobbies

- Bingo
Tuesday Afternoon- play for cash prizes as well as door prizes. 1-4 pm (doors open 12:30 pm). Sponsored by the Carlsbad Senior Citizens Association.
- Bridge Groups
Meet new friends and hone your skills. Contract Bridge on Wednesdays, 8:30- 11:30 am. Not Duplicate...need not bring a partner. Intermediate to expert players. Any qualified person may participate.
Party Bridge on Fridays, 12:30-4 pm. (doors open at 12:30 pm). Seating is limited...first come first served. 50¢ per game.
- Chess
All players are welcome! Tuesdays 12:30-4:30 pm.
- Scrabble
Improve your vocabulary and have fun with other players on Friday at 1 pm.
- Stamps for Seniors
Learn the exciting hobby of stamp collecting where you explore the many countries that issue stamps and where collections are shared. 2nd and 4th Fridays, 9-11 am.

Language Arts

- Discussion Group
Enjoy moderated discussions covering a variety of topics. 1st, 3rd and 5th Fridays from 9-11 am.
- Spanish
Three levels of Spanish will be offered on an ongoing basis.
Level I is for newcomers and beginners, and will emphasize pronunciation, dictation and grammar. Mondays, 9-10 am.
Level II is to expand your knowledge of Spanish and will cover more advanced grammar and sentence structure, 10 am-11.
Level III is for the more advanced student and will feature reading and conversation...and a lot of fun. Mondays, 11 am-noon.
- Writing Group
Enjoy writing short stories, family history, fiction or

nonfiction? Come share your work with others who are exploring their own unique way of expressing themselves. Monday from 9-11 am.

Assistance Programs

- AARP
Emphasizes how to adjust your driving in response to aging. Offered monthly. Call 602-4650 for reservations, \$10.
- Blood Pressure Screening
Is offered every Tuesday of each month, 8:30-11:00 am. FREE! No appointments necessary.
- Cholesterol Screening
Offered every Tuesday of each month, 8:30-11:00 am. \$3 donation. No appointments necessary.
- Glucose Screening
Offered every Tuesday of each month, 8:30-11:00 am. \$1 fee. Additional periodic screenings include a hearing test. Watch your local newspaper, or call 602-4650 for an appointment.
NOTE:Cholesterol and Glucose testing requires fasting from midnight on the night before the test.
- H.I.C.A.P.
The Health Insurance Counseling and Advocacy Program can help you with Medicare, supplemental insurance, medical billings, claims and more. Call 602-4650 for an appointment.
- Legal Services
Legal assistance and advice are available on a regular basis. Call 602-4650 for appointment information.

- Congregate Lunch
Offered Mon-Fri from 11:45 am to 12:30 pm. Transportation provided for those 60 yrs. & older. \$3 donation is appreciated. Call 602-4650 if interested.
- Monthly Movies
Movie & FREE POPCORN, the 2nd Thursday of each month at 1 pm.

ongoing ACTIVITIES



Arts and Crafts

●Caligraphy

Learn this skill from one of the most talented instructors in our area. Wednesday from 1pm to 3pm. Fee and registration required.

●**Crafti-Crafters**-Fridays 8:30-11 am

●**Needlecraft**-Tuesdays 8:00-11 am

Learn and share new knitting and sewing techniques while socializing with this cheerful group of people.

●Watercolor Class

Join this popular class on Thursday from 9:30-11:30 am. Bring your own supplies and be ready to create!

Dance and Exercise

●Beginning Country Line Dancing

New! Learn how to do Country Line Dancing... and get great exercise too. No partners necessary. Monday from 12:30 pm-1:30 pm. \$1 donation is requested.

●Country Line Dancing

Enjoy great exercise while dancing the latest Country Western Line Dances. No partners necessary. Every Tuesday, from 9-11 am. \$1 donation is requested.

●Hawaiian Dance

Enjoy this graceful exercise set to beautiful music. \$3 donation requested. Newcomers welcome.

Beginning/Intermediate classes held on Wednesdays, 2:30-4:15 pm.

Intermediate/Advanced class held on Fridays, 12:30-2:30 pm.

●International Folk Dancing

Learn easy steps to music from many countries. No partners necessary and beginners are welcome. Mondays from 1-2:30 pm.

●Jazz and tap Dancing

Experience the excitement of both jazz and tap dancing in this weekly session. Beginning to advanced dancers welcome! Fridays, 3-4:15 pm.

●Low-Impact Aerobics

Join Senior Olympic Gold Medal Winner, Carl Grubbs, as he helps you develop flexibility and strength. Every Thursday from 8:30-9:30 am. \$1.50 donation.

●Walking Group

Looking for a way to increase your fitness level while having fun? Meet at the senior center front lobby, Tuesdays & Thursdays, 9 am.

●Yoga

Now three levels of this less strenuous form of Yoga! \$3 donation.

Level I: Beginning/Gentle; *Monday, 3-4:15 pm.*

Dance Studio

Level II: Intermediate; *Monday, 3-4:15 pm.*

Auditorium

Level III: Advanced; *Wednesday, 12:30-1:45 pm.*

Dance Studio

Computers

●Computer Classes

For the absolute beginner to the experienced PC user, these classes are taught by veteran computer professionals. Fee and registration required.

●Personal Computer Lab

Drop in and use one of the Center's computers. A volunteer will answer any questions you have. Mondays from 1-3 pm. Wednesday and Friday from 10 am-12 pm. Free.

●PC Users Group

Beginners and Experts are welcome. Meets the 2nd, 3rd and 4th Thursdays from 2-4 pm. No reservations are needed. Free.

Continued on following page...

senior SPECIALS

Tax Counseling Appointments

Host: AARP

Time: Tuesdays and Thursdays, February 2 – April 13
8:30am to 4:30pm

Location: Dance Studio

If you are 60 years and up, you may make an appointment to have tax preparation counseling with a knowledgeable volunteer from AARP. Please call 602-4650 to schedule an appointment.

Dance

Host: Atria

Band: The Billy Harper Band

Time: Thursday, February 2
1:30pm to 3:30pm

Location: Auditorium

Come dance to one of the hottest bands and socialize with a great group of fun-loving people. Atria is generously sponsoring this popular event. Refreshments will be served. A donation of \$3.00 is requested.

Senior Readers' Theater

Instructor: Cheri Dixon and Kathy O'Leary

Time: Mondays, February 6, 13, 27
1:00pm to 3:00pm

Location: Art Studio

Do you have a flair for the dramatic? Would you like to work with a group and entertain children with wonderful stories? Then we need you in our Readers' Theater group! We have the scripts and are ready to start! We will be telling stories using a script --- no need to memorize your part --- we will use our scripts in our presentations. Sound like fun? Then join us!"

Cheri and Kathy are both high-energy, retired local schoolteachers with extensive experience in this area.

Movie

Title: What About Bob?

Actors: Bill Murray, Richard Dreyfuss, Julie Hagerty ...more

Time: Thursday, February 9
1:00pm to 3:30pm

Location: Auditorium

In this comedy about a doctor-patient relationship pushed way beyond the office, Bill Murray plays Bob Wiley, a neurotic New Yorker struggling with a whirlwind of paralyzing phobias. When an exasperated colleague pawns the handoff on Dr. Leo Marvin (Richard Dreyfuss), the psychologist has no idea his last appointment will follow him north to New Hampshire on a month's vacation. Enjoy this hilarious comedy.





FEBRUARY ACTIVITIES CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> </div> <div> <div> <div>8:15-9:30**Tai Chi</div> <div>9:00-11:15Writers Group</div> <div>9:00-12:00Spanish - Levels I, II, III</div> <div>9:30-11:30*Computer Class</div> <div>9:45-10:45**Body Conditioning</div> <div>11:00-12:30**Balance & Mobility</div> <div>12:00-5:00PC Lab</div> <div>12:30-1:30Line Dancing - Beginning</div> <div>1:00-3:00Senior Readers</div> <div>1:30-2:30Folk Dancing</div> <div>3:00-4:30Yoga - Level I</div> <div>3:00-4:30Yoga - Level II</div> </div> <div> <div>AUD</div> <div>DS</div> <div>ART</div> <div>COM</div> <div>AUD</div> <div>AUD</div> <div>COM</div> <div>AUD</div> <div>ART</div> <div>AUD</div> <div>AUD</div> <div>AUD</div> </div> <div>6</div> </div>	<div> </div> <div> <div>8:00-11:00Needlecraft</div> <div>8:30-11:00Health Screening</div> <div>8:30-4:30*Tax Counseling</div> <div>9:00-10:00Walking Group</div> <div>9:00-10:30Senior Comm. Meeting</div> <div>9:00-11:00Country Line Dancing</div> <div>9:30-11:30*Computer Classes</div> <div>9:30-12:30*Legal Assistance</div> <div>1:00-3:00*Computer Classes</div> <div>1:00-4:00**Life Story Writing</div> <div>1:00-4:00Bingo</div> <div>1:30-4:30Chess Group</div> </div> <div> <div>ART</div> <div>LG</div> <div>DS</div> <div>LB</div> <div>DN</div> <div>AUD</div> <div>DS</div> <div>CR</div> <div>COM</div> <div>ART</div> <div>AUD</div> <div>DN</div> </div> <div>7</div>	<div> <div>8:00-12:00Games</div> <div>8:00-5:00PC Lab</div> <div>8:15-9:30**Tai Chi</div> <div>8:30-11:30Contract Bridge</div> <div>9:45-10:45**Body Conditioning</div> <div>11:00-12:30**Balance & Mobility</div> <div>12:30-1:30Yoga - Level III</div> <div>1:00-3:00*Caligraphy</div> <div>2:45-4:00Hawaiian Dance -Beg / Inter</div> </div> <div> <div>ART</div> <div>COM</div> <div>AUD</div> <div>DS</div> <div>AUD</div> <div>AUD</div> <div>DS</div> <div>ART</div> <div>ART</div> </div> <div>1</div>	<div> <div>8:30-9:30Low-Impact Aerobics</div> <div>8:30-4:30*Tax Counseling</div> <div>9:00-10:00Walking Group</div> <div>9:30-11:30*Computer Class</div> <div>9:30-11:30Watercolor Class</div> <div>12:00-5:00PC Lab</div> <div>1:30-3:30***Dance-ATRIA</div> </div> <div> <div>AUD</div> <div>DS</div> <div>LB</div> <div>COM</div> <div>ART</div> <div>COM</div> <div>AUD</div> </div> <div>2</div>	<div> <div>8:00-5:00PC Lab</div> <div>8:30-11:00Crafti-Crafters</div> <div>9:00-11:00Discussion Group</div> <div>9:45-10:45**Body Conditioning</div> <div>12:30-4:00Party Bridge</div> <div>12:45-2:45Hawaiian Dance - Int./Adv</div> <div>1:00-4:00Scrabble</div> <div>1:00-4:00*HICAP</div> <div>3:00-4:30Jazz & Tap Dancing</div> </div> <div> <div>COM</div> <div>ART</div> <div>DS</div> <div>AUD</div> <div>AUD</div> <div>DS</div> <div>LG</div> <div>CR</div> <div>DS</div> </div> <div>3</div>
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